



Discover your Raleigh Parks and Recreation Department

ARTS

Art Workshop - Cards in Watercolor

Age 14 yrs. and up.

This one-day workshop will teach you how to make wonderful cards using basic watercolor techniques...no experience required! Artist Laura Azzi will teach you several basic, fun techniques. You will be able to explore color, texture and composition as you create your very own designs. Bring a friend or family member! All paints and supplies will be provided (including supplies to take home) by the instructor for a separate \$25 fee, due to instructor at the class.

#114629	6-Nov	Sun	1:00 pm - 5:00 pm	Cost:	\$34
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Art Workshop - Watercolor Sampler

Age 14 yrs. and up.

Discover the colorful world of watercolor painting in this one-day workshop! Artist Laura Azzi will guide you through several fun, basic techniques. You will be given the chance to explore your creativity in a supportive atmosphere. No experience required! All paints and supplies will be provided (including supplies to take home) by the instructor for a \$25 fee payable at class.

#114618	9-Oct	Sun	1:00 pm - 5:00 pm	Cost:	\$34
#114624	4-Dec	Sun	1:00 pm - 5:00 pm	Cost:	\$34

Basket Making - Seasonal Wall/Door Basket

Age 18 yrs. and up.

Weave a cute and functional basket using a Williamsburg handle that can be used as a door or wall decoration. With a wide ash strip, a ribbon can be threaded through for the different holidays or seasons. This class is appropriate for all levels. A \$20 kit fee is due to the instructor at class time. Brenda Elshof instructs.

#114742	10-Sep	Sat	9:30 am - 2:30 pm	Cost:	\$25
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Basket Making - Too Too Easy Double Wall Basket

Age 18 yrs. and up.

Double wall baskets can be overwhelming - not this one! Learn the basics of a double wall basket, where the inside of the basket is different from the outside. Leave with a cute basket that is fun and useful. This class is appropriate for all levels. A kit fee of \$20 is payable to the instructor at class time. Brenda Elshof instructs.

#114721	3-Dec	Sat	9:30 am - 2:30 pm	Cost:	\$25
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Piano - Introduction

Age 5 yrs. and up.

In these introductory private piano lessons, students will learn the basics of piano playing, music note reading, chords and songs. Lesson materials are included, but students should bring their own folder and pencil. Instructor: Kathleen Gwie, BS in Music Education.

#114320	Sep 10-Oct 8	Sat	9:00 am - 9:30 am	Cost:	\$100
#114321	Sep 10-Oct 8	Sat	9:30 am - 10:00 am	Cost:	\$100
#114322	Sep 10-Oct 8	Sat	10:00 am - 10:30 am	Cost:	\$100
#114323	Sep 10-Oct 8	Sat	10:30 am - 11:00 am	Cost:	\$100
#114324	Sep 10-Oct 8	Sat	11:00 am - 11:30 am	Cost:	\$100
#114325	Sep 10-Oct 8	Sat	11:30 am - 12:00 pm	Cost:	\$100
#114328	Oct 22-Nov 19	Sat	9:00 am - 9:30 am	Cost:	\$100
#114329	Oct 22-Nov 19	Sat	9:30 am - 10:00 am	Cost:	\$100
#114330	Oct 22-Nov 19	Sat	10:00 am - 10:30 am	Cost:	\$100
#114331	Oct 22-Nov 19	Sat	10:30 am - 11:00 am	Cost:	\$100
#114332	Oct 22-Nov 19	Sat	11:00 am - 11:30 am	Cost:	\$100
#114333	Oct 22-Nov 19	Sat	11:30 am - 12:00 pm	Cost:	\$100





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ARTS (cont)

Art - Jumpstart Toddler Montessori

Age 18M - 42M

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts as well as exploring 'social' stations full of building blocks, cooking centers, train sets, puppets and even a toddler-sized bounce house. Help your toddler get a jumpstart on preschool! Parent/guardian participation is required. A separate \$45 materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education.

#114810	Oct 7-Dec 16	Fri	9:00 am -10:00 am	Cost:	\$50
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Music - Harvest Harmonies by Moving to the Music

Age 18M - 42M

The air is getting chilly, so turn up the heat in this lively class for our youngest music lovers. We will explore the magic of autumn through circle time songs, educational games and dramatic play for tiny toes. Your child will learn about pumpkins, fall leaves, apples, harvest time and many other fall concepts as we sing and dance our way through the season. Special events include arts and crafts projects, parachute games and much more! Each child will receive a music bag which contains a CD of the music used in our class. Parent participation is required. A separate \$45 materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education.

#114818	Oct 7-Dec 16	Fri	10:00 am -11:00 am	Cost:	\$50
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Art - The Colors of Fall by Toddler Time

Age 2 yrs. - 4Y

Come discover the beauty of Fall in this art class designed for little fingers. From creating a colorful fall leaf wreath to decorating spooking pumpkins, your child will have fun while learning in this center based mini-preschool for our smallest students. Each week, students will have the opportunity to experience a variety of washable art materials as they move at their own pace through our project centers. Then, we will have a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Separate \$45 materials fee due to instructor at the first class meeting. Parent Participation required. Instructor: Rhonda Felton Manning, Ed. in Education.

#114813	Oct 7-Dec 16	Fri	11:00 am -12:00 pm	Cost:	\$50
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Athletic Teams and Leagues

Youth Basketball 2011

Age 5 - 18 yrs.

The athletic department in coordination with the community centers offers basketball for ages 5-18. Registration is October 3-14, 2011. League age is determined by the age of the participant as of March 31st, 2012.

#114609	5 - 6 Coed	Cost:	\$30
#114610	7 - 8 Coed	Cost:	\$30
#114611	Boys 9 - 10	Cost:	\$30
#114612	Girls 9 - 10	Cost:	\$30
#114613	Boys 11 - 12	Cost:	\$30
#114614	Girls 11 - 12	Cost:	\$30
#114615	Boys 13 - 14	Cost:	\$30
#113964	District A/B Boys 15 - 16	Cost:	\$30
#113966	Boys 17 - 18	Cost:	\$30
#113967	Girls 13 - 15	Cost:	\$30





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EDUCATIONAL PROGRAMS

Cake Decorating Workshop

Age 16 yrs. and up.

Have you always wanted to be able to decorate your own cakes to look like those you see in the magazine? We will give you the tips and tricks to do just that! This workshop is designed to give you the basics that will allow you to decorate your own beautiful cakes. Skills that will be covered include cutting and filling cakes, frosting basics, using tips, borders, writing and decorations. Each student will then be able to decorate their own custom cake with advice and assistance from our instructor. All cakes and cake decorating materials will be provided, and students will leave with their own custom cake and a handout with details of all materials used.

#114365	15-Oct	Sat	1:00 pm - 4:00 pm	Cost:	\$30
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Japanese for Beginners/Japonés para Principiantes

Age 18 yrs. and up.

This course will introduce basic Japanese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Japanese culture. Esta clase le introducirá a nivel básico al idioma japonés. Los estudiantes aprenderán el alfabeto, saludos, números, fechas del calendario, y mucho más. Los estudiantes también disfrutarán de algunos aspectos de la cultura japonesa.

#112672	Sep 7-Oct 12	Wed	6:30 pm - 8:00 pm	Cost:	\$50
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#112673	Oct 26-Dec 7	Wed	6:30 pm - 8:00 pm	Cost:	\$50
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American Red Cross Babysitter's Training

Age 11 yrs. - 15Y

Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross.

#113166	11-Nov	Fri	9:00 am - 3:00 pm	Cost:	\$50
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SAT Prep: Pre-Test Crash Course!

Age 13 yrs. and up.

Improve your SAT score now! Learn how to ease the stress of taking the most popular college entrance exam in the country. Students will practice timed SAT questions and learn strategies that help them answer more questions correctly, tackle difficult problems, and save time. Class covers the following: math, sentence completion, vocabulary decoding, reading comprehension (short, long, & paired passages), grammar review for multiple-choice writing, and sentence analysis/revision. Students also write and receive feedback on timed essays. This course is taught by a certified teacher who has a master's degree in education and seventeen years test prep experience at the high school, community college, and university levels. For more information, please visit www.aplushigherscores.com.

#114318	Sep 21-22	Wed&Thr	6:30 pm - 8:30 pm	Cost:	\$120
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FITNESS

Aerobics - Dancercise

Age 18 yrs. and up.

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

#114360	Sep 12-Nov 14	Mon	9:00 am - 10:15 am	Cost:	\$50
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#115252	Nov 16-Jan 23	Mon&Wed	5:45 pm - 7:00 pm	Cost:	\$100
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FITNESS (cont)

Belly Dance For Exercise - Beginners

Age 18 yrs. and up.

This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: www.kashabellydance.com

#114351	Sep 12-Oct 24	Mon	7:00 pm - 7:55 pm	Cost:	\$70
#114352	Nov 7-Dec 12	Mon	7:00 pm - 7:55 pm	Cost:	\$70

Belly Dance for Exercise - Beyond Basic

Age 18 yrs. and up.

After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. This class is 55 minutes long. Kasha instructs. For more information on the program, visit Kasha's website at www.kashabellydance.com

#114353	Sep 12-Oct 24	Mon	8:00 pm - 8:55 pm	Cost:	\$70
#114354	Nov 7-Dec 12	Mon	8:00 pm - 8:55 pm	Cost:	\$70

Bollywood Dance for Fun and Exercise

Age 18 yrs. and up.

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome-come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

#114355	Sep 6-Oct 25	Tue	7:00 pm - 8:00 pm	Cost:	\$88
#114356	Nov 8-Dec 13	Tue	7:00 pm - 8:00 pm	Cost:	\$88

Exercise - Weight Room/Fitness Centers

Age 18 yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours.

Participants must be 18 years of age or older. Please see staff for additional information.

#113940	Sep 1-30	Daily	Center Hours	Cost:	\$15
#113941	Oct 1-31	Daily	Center Hours	Cost:	\$15
#113942	Nov 1-30	Daily	Center Hours	Cost:	\$15
#113943	Dec 1-31	Daily	Center Hours	Cost:	\$15

Stretch and Tone

Age 18 yrs. and up.

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

#114363	Sep 13-Nov 15	Tue	5:45 pm - 7:00 pm	Cost:	\$50
#114364	Sep 17-Nov 19	Sat	9:15 am - 10:30 am	Cost:	\$50





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FITNESS (cont)

Yoga for All Levels

Age 16 yrs. and up.

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

#114362	Sep 15-Nov 17	Thu	6:30 pm - 7:45 pm	Cost:	\$80
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Karate - Okinawan Shorin-Ryu

Age 7 yrs. and up.

A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Uniforms can be purchased through the instructor at a discounted rate. Family discount for families of 3 or more available!

#114337	Sep 7-Oct 3	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44
#114338	Oct 5-31	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44
#114339	Nov 2-28	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44
#114340	Nov 30-Dec 28	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44

Sports & Fitness - Amazing Athletes

Age 30M - 6Y

Amazing Athletes is a program designed to enhance your child through a developmental sports and fitness program. Our structured curriculum teaches the basic fundamentals and mechanics of 9 different sports, proven to increase a child's overall hand-eye coordination, cardiovascular fitness, muscle tone, speed and agility, gross motor skills and much more. Each class helps build confidence, improves coordination, promotes teamwork and sportsmanship, and helps enforce a healthy and active lifestyle. For more information, visit www.amazingathletesinc.com.

#114756	Sep 10-Oct 29	Sat	11:00 am - 11:45 am	Cost:	\$88
#114764	Sep 15-Dec 8	Thu	9:30 am - 10:15 am	Cost:	\$88

Seniorcise

Age 18 yrs. and up.

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

#114309	Sep 6-29	Tue&Thu	9:00 am - 10:00 am	Cost:	\$15
#114310	Oct 4-27	Tue&Thu	9:00 am - 10:00 am	Cost:	\$15
#114311	Nov 1-29	Tue&Thu	9:00 am - 10:00 am	Cost:	\$15
#114312	Dec 1-27	Tue&Thu	9:00 am - 10:00 am	Cost:	\$15

NATURE

Fall Nature Craft

Age 6 yrs. - 12Y

Join us to learn how to make your yard animal friendly for the fall. We will make bird feeders to take home. Pre-registration is required FOUR days prior to program. For more information, contact Nature Programs at (919) 831-6856.

#113105	7-Nov	Mon	6:30 pm - 7:30 pm	Cost:	\$3
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SOCIAL

Holiday Cookie Decorating Workshop

Age 5 yrs. - 10Y

Have you always wanted to make holiday cookies that look as good as what you see in the magazines, but not sure how? Looking for a fun holiday activity to share with your child? Then join us for a holiday cookie decorating workshop! This workshop, designed for children ages 5-10 and their parent/caregiver, will give you and your child all the tips and tricks to decorate fun and festive holiday cookies. All materials are provided and at the end of the workshop, each child will leave with a beautiful set of cookies to take home and enjoy as well as memories to share!

#114367	10-Dec	Sat	1:00 pm - 3:00 pm	Cost:	\$20
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Playgroup Tot Time

Age 6M - 5Y

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#115557	Sep 7-Dec 21	Wed	9:30 am -11:30 am	Cost:	FREE
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Senior Club - Lake Lynn Seniors

Age 55 yrs. and up.

Come and join your fellow neighborhood seniors for a weekly meeting. This group enjoys wonderful speakers and takes field trips throughout the course of the year. They meet at Lake Lynn on the 1st, 3rd and 4th Tuesday of each month. The 2nd Tuesday they meet off site.

#114303	Sep 6-Dec 27	Tue	10:00 am -12:00 pm	Cost:	FREE
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Senior Gamesters

Age 55 yrs. and up.

Our seniors at Lake Lynn know how to have fun. Come join them for ping-pong (Tuesdays and Saturdays) and card games (Tuesdays).

#114296	Sep 6-Dec 27	Tue	6:30 pm - 8:30 pm	Cost:	FREE
#114297	Sep 3-Dec 31	Sat	9:00 am -11:00 am	Cost:	FREE

Teen 3 on 3 Tournament

Age 10 yrs. - 18Y

Are you a teen looking for some hoop action? Grab your friends and form a team for a 3 on 3 Tournament at Lake Lynn. The new gym is complete and ready to see some action! We will have tournament brackets for both middle and high school age. Cost is \$5 per player, with a max of 4 people per team. Pre registration is required. For more info contact the Teen Program at 919-807-5409.

#114809	8-Oct	Sat	10:00 am - 3:00 pm	Cost:	\$5
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Holiday Cookies and Milk with Santa

Age 2 yrs. - 6Y

Enjoy an afternoon with Santa! We will have cookies and milk for the kids and a holiday craft. Afterward, everyone will get a visit with ol' St. Nick! Pre-registration is required at least one week prior to the date of the event.

#114368	11-Dec	Sun	1:30 pm - 2:30 pm	Cost:	\$6
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SOCIAL (cont)

Wilderness Walk

Age 28 yrs. and up.

This class designed for individuals with developmental disabilities is offered in conjunction with the Adventure Program. The class will include a nature hike around Lake Lynn and then lunch at a local restaurant. We will meet at Lake Lynn at 10:30 AM and pick up from Lake Lynn at 2:00 PM. You will need to bring money for dinner. Please contact Meredith Homlotis at 807-5401 with questions.

#113976	17-Sep	Sat	10:30 am - 2:00 pm	Cost:	\$5
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TENNIS

Tennis Adult Level 1

Age 18 yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Rain outs will be made up at the end.

#114837	Aug 29-Oct 5	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$96
#114862	Sep 3-Oct 8	Sat	9:00 am -10:00 am	Cost:	\$48
#114845	Oct 24-Nov 30	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$96
#114846	Oct 29-Dec 3	Sat	9:00 am -10:00 am	Cost:	\$48

Tennis Adult Level 2.0/2.5 Drills

Age 18 yrs. and up.

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match.

#115011	Aug 30-Oct 6	Tue&Thu	6:00 pm - 7:00 pm	Cost:	\$96
#115012	Oct 25-Dec 1	Tue&Thu	6:00 pm - 7:00 pm	Cost:	\$96

Tennis Adult Level 3.0 Drills

Age 18 yrs. and up.

Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

#115024	Aug 29-Oct 5	Mon&Wed	8:00 pm - 9:00 pm	Cost:	\$96
#115025	Oct 24-Nov 30	Mon&Wed	8:00 pm - 9:00 pm	Cost:	\$96

Tennis Jr Tournament Team

All Ages

Designed for junior tennis players who have learned all shots, this team will workout and train for level 5 futures tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

#114833	Aug 30-Oct 13	Tue&Thu	7:00 pm - 8:30 pm	Cost:	\$168
#114834	Oct 25-Dec 8	Tue&Thu	7:00 pm - 8:30 pm	Cost:	\$168





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TENNIS (cont)

Tennis Jr Level 1

Age 6 yrs. - 18Y

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve,

#114668	Aug 30-Oct 6	Tue&Thu	5:00 pm - 6:00 pm	Cost:	\$96
#114669	Aug 29-Oct 5	Mon&Wed	4:30 pm - 5:30 pm	Cost:	\$96
#114670	Sep 3-Oct 8	Sat	10:00 am - 11:00 am	Cost:	\$48
#114671	Sep 3-Oct 8	Sat	11:00 am - 12:00 pm	Cost:	\$48
#114639	Oct 24-Nov 30	Mon&Wed	4:30 pm - 5:30 pm	Cost:	\$96
#114640	Oct 25-Dec 1	Tue&Thu	5:00 pm - 6:00 pm	Cost:	\$96
#114641	Oct 29-Dec 3	Sat	10:00 am - 11:00 am	Cost:	\$48
#114642	Oct 29-Dec 3	Sat	11:00 am - 12:00 pm	Cost:	\$48

Tennis Jr Level 2

Age 8 yrs. - 18Y

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points.

To pass, players must successfully demonstrate these techniques while playing a match.

#114733	Oct 25-Dec 1	Tue&Thu	4:00 pm - 5:00 pm	Cost:	\$96
#114738	Aug 30-Oct 6	Tue&Thu	4:00 pm - 5:00 pm	Cost:	\$96

Tennis Jr Tiny Tots

Age 4 yrs. - 6Y

Eye-hand coordination games and fine motor skills are the focus of this fun introduction class.

#114230	Oct 24-Nov 30	Mon&Wed	5:30 pm - 6:00 pm	Cost:	\$44
#114231	Oct 25-Dec 1	Tue&Thu	4:30 pm - 5:00 pm	Cost:	\$44
#114238	Aug 29-Oct 5	Mon&Wed	5:30 pm - 6:00 pm	Cost:	\$44
#114239	Aug 30-Oct 6	Tue&Thu	4:30 pm - 5:00 pm	Cost:	\$44

SPORTS

All Sports - Little Starters

Age 3 yrs. - 5Y

Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

#114678	Sep 12-Oct 3	Mon	11:00 am - 11:45 am	Cost:	\$36
#114679	Oct 17-Nov 14	Mon	12:00 pm - 12:45 pm	Cost:	\$36

Baseball - Little Sluggers

Age 3 yrs. - 5Y

This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

#114687	Oct 17-Nov 14	Mon	11:00 am - 11:45 am	Cost:	\$36
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Basketball - Little Shooters

Age 3 yrs. - 5Y

A skills, drills and play shooters game class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding sports experience.

#115503	Oct 5-26	Wed	6:00 pm - 6:45 pm	Cost:	\$36
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SPORTS (cont)

Soccer - Little Kickers

Age 3 yrs. - 5Y

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

#114686	Sep 12-Oct 3	Mon	12:00 pm - 12:45 pm	Cost:	\$36
#115500	Sep 7-28	Wed	6:00 pm - 6:45 pm	Cost:	\$36

Baseball Skills for Beginners

Age 6 yrs. - 9Y

Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

#114701	Sep 10-Oct 1	Sat	10:00 am - 10:45 am	Cost:	\$40
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Basketball Skills for Beginners

Age 6 yrs. - 9Y

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

#114688	Sep 10-Oct 1	Sat	9:00 am - 9:45 am	Cost:	\$40
#114689	Oct 22-Nov 12	Sat	10:00 am - 10:45 am	Cost:	\$40
#115502	Oct 5-26	Wed	7:00 pm - 7:45 pm	Cost:	\$40

Soccer Skills for Beginners

Age 6 yrs. - 9Y

Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

#114703	Oct 22-Nov 12	Sat	9:00 am - 9:45 am	Cost:	\$40
#115501	Sep 7-28	Wed	7:00 pm - 7:45 pm	Cost:	\$40